PRACTICAL COOKING RECIPES

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98 Out of Every 100 Women Benefited

Extraordinary Results Important to Every Woman

Over Quarter of a Million Favorable Reports from Women Purchasers of Lydia E. Pinkham's Vegetable Compound.

A circular is now enclosed with each bottle of our medicine asking "Have you received benefit from taking **Lydia E. Pinkham's Vegetable Compound?**"

So far answers have been received from over 250,000 women.

Ninety-eight per cent say YES. That means that **98 out of every 100** women who take the medicine for the ailments for which it is recommended are benefited by it. Think of it—only two women out of 100 received no benefit—98 successes out of a possible 100.

We always knew that our medicine benefited most of the women who took it. But that only two out of 100 receive no benefit is most astonishing.

It proves that this medicine, made for women's ills by the most scientific process; from a combination of roots and herbs, does more good than any other medicine for the purpose. We have been making and improving this medicine for 50 years until it is now so perfect and well adapted to women's needs that it actually benefits **98 out of every 100** women who take it. It is sold in almost every country in the world—over 4,500,000 bottles each year.

Every woman suffering from ailments peculiar to her sex should try Lydia E. Pinkham's Vegetable Compound and be one of the 98 benefited.

THE LYDIA E. PINKHAM MEDICINE CO.,
LYNN, MASS.

22501244971

PRACTICAL COOKING RECIPES

TOGETHER WITH

HEALTH SUGGESTIONS

CONCERNING THE USE OF

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

AND OTHER PINKHAM MEDICINES

PUBLISHED BY

THE LYDIA E. PINKHAM MEDICINE CO.
LYNN MASSACHUSETTS U. S. A.

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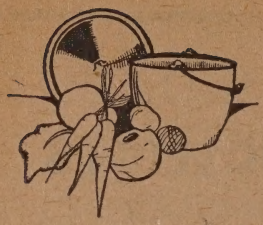


SOUPS

The foundation of soup is usually the juice of meat, poultry or fish. One pound of meat and bone to one pint of water makes a rich broth.

The best method of extracting the juice is to put the fish or meat on the stove in cold water, slowly heat to the boiling point then allow to simmer.

For fish-broth, simmer from one-half to one hour. For meat-broth, simmer from two to four hours.

VEGETABLE SOUP

4 pounds shank bone of beef or 3 pounds of meat without bone, chopped into three or four pieces. Cover with 4 pints of cold water and 1 teaspoonful salt. Bring to a boil and simmer 3 hours. After two hours add 1 small turnip, 2 carrots, 2 onions. Cut all in small pieces and continue cooking the third hour. Parboil 4 cups potatoes and add to soup 15 minutes before taking from the stove.

We have investigated the reputation of the writer of every letter in this book and have learned from her neighbors that her statements may be relied upon as truthful.

"CAN EAT ANYTHING I WANT TO"

"I was weak and irregular and during each period I would be sick to my stomach and could not sleep at night. My mother read about your medicine and wanted me to try it. So my husband got me a bottle to try and I have taken several bottles of **Lydia E. Pinkham's Vegetable Compound** and two of the **Blood Medicine.** I am feeling fine, can do my work, eat anything I want to, sleep well and am not nervous like I was. I recommend your medicines to all my friends."

MRS. LEWIS D. YATES,
4143 Penn St., Kansas City, Mo.

FISH CHOWDER WITH TOMATOES

4 lbs. cod or haddock, or 1 lb. dry salt fish
4 cups potatoes cut in cubes
1½ inch cube fat salt pork
1 sliced onion
2½ cups stewed and strained tomatoes
3 tablespoons butter
2-3 cup cracker crumbs, salt and pepper

Buy a whole fish but have it skinned. Cut off head and tail and remove backbone. Cut fish in small pieces and set aside. Put head, tail and backbone into 2 cups cold water, bring to a boil and cook 20 minutes. Cut pork into small pieces, try out, add onion and cook 5 minutes. Parboil potatoes 5 minutes, then drain and add to fat with 2 cups boiling water, also the liquor drained from the bones and the pieces of fish. Cover and simmer 10 minutes. Add tomatoes, salt, pepper and butter. Just before serving, add cracker crumbs.

If dry salt fish is used, freshen it by soaking several hours in 3 or 4 changes of warm water.

ARE YOU INTERESTED

in something for backache? This is one of the most common troubles a woman has. **Lydia E. Pinkham's Vegetable Compound** is excellent to help women's troubles

---

"I HAD BACKACHE"

"For years I worked as fore-lady in a canning factory and had many bad feelings such as pains in my side, pains in my bladder, and backache. A friend told me of **Lydia E. Pinkham's Vegetable Compound** and I praise it for what it has done for me. I also praise **Lydia E. Pinkham's Sanative Wash.** I got very good results from it and recommend it."

MRS. H. H. AGUIRRE,
1740 East 21st St., Los Angeles, Calif.

FISH

The first thing to consider when buying fish is freshness.

The flesh should be firm, and the eyes and gills should be bright.

In preparing fish remove as much as possible of the inedible portions. Wipe thoroughly inside and out with a cloth wrung out of cold water, removing any clotted blood which may be adhered to the backbone.

DRAWN BUTTER SAUCE

1-3 cup butter
3 tbsps flour
1½ cups hot water
½ tsp. salt
1-3 tsp. pepper

Melt one-half the butter, add flour with salt and pepper. Boil five minutes and add the remaining butter in small pieces.

EVERY SICK WOMAN

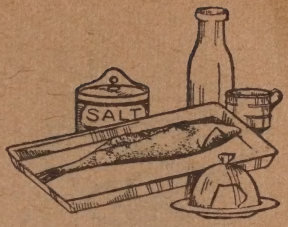
can be confident that **Lydia E. Pinkham's Vegetable Compound** will help her since it does help 98 out of every 100 who take it.

"I SAY TO ANY WOMAN"

"I was married seven years and we never had any children. I took ten bottles of **Lydia E. Pinkham's Vegetable Compound** and we now have a baby boy who weighed nine pounds when born and is as healthy as he can be. I feel that I owe my health to the **Vegetable Compound.** My neighbor, Mrs. Mead, told me about her niece taking it and the good results she received so I began taking it. I wish to say to any woman who is not well enough to have children, 'By all means take **Lydia E. Pinkham's Vegetable Compound.**' I will cheerfully reply to letters from women who would like to write to me in regard to the same."

MRS. H. RINGELBURG,
15 Sycamore St., Grand Rapids, Mich.

BAKED FISH



Bluefish, cod, haddock or halibut may be stuffed and baked whole. Select a fish weighing from 3 to 3½ pounds.

Clean and wipe fish. Stuff with dressing made as follows:

1 cup bread crumbs
1-3 cup milk
1 tbsp. butter
1 tbsp. parsley or onion chopped fine.

Salt and pepper to taste. Sew fish together and rub with salt. Place on narrow strips of cloth in dripping-pan and bake in hot oven 35 to 40 minutes, basting often with one tablespoon butter melted in hot water.

When done, remove cloth and stitches and serve with drawn butter sauce.

WE WANT YOU TO KNOW

that **Lydia E Pinkham's Vegetable Compound** has been sold for fifty years,—its sale is now greater than ever,—over 4,500,000 packages a year.

"I ASK THEM TO GIVE IT A TRIAL"

"There is hardly a week that goes past that I do not see a neighbor or a friend suffering the way I did. I tell them about your wonderful medicine and what it has done for me. I ask them to give it a trial and not to stop with one bottle but to continue taking it until they are entirely well. If I was to have any more children I would take **Lydia E. Pinkham's Vegetable Compound** to help me through my sickness. Mrs. Avery, one of my neighbors, asked me why I did not get it and so I did. I am not sorry, for it was not long before I began to gain my strength back and I took it until my baby was born. I know the **Vegetable Compound** helped me and I am willing to say it."

MRS. GEORGE JOHNSON,
307 Mackinaw St., Durand, Mich.

For the sake of variety occasionally cook meat in ways that are different from your ordinary methods.

BAKED PORK CHOPS

Dip each chop in canned milk with a little salt added, then roll each chop in bread crumbs. Place chops in a well-greased shallow pan. Put a teaspoonful of fat on top of each chop and bake in a hot oven twenty minutes.

HAM EN CASSEROLE

Cut potatoes in one inch balls and put them in a covered dish. Season with salt and pepper and cover with milk. Over a thick slice of ham sprinkle a little powdered mustard and place ham on potatoes. Add milk enough to cover, put cover on dish and bake in a moderate oven one hour.

NERVOUS TROUBLES

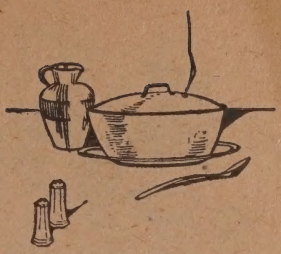
may come with any inward weakness and make a bad matter worse. You may be having an experience similar to Mrs. Walter's and will be interested to know what she did.

"IF YOU DON'T FEEL JUST RIGHT"

"Just a few words to let you know how **Lydia E. Pinkham's Vegetable Compound** has done wonders for me. I was in the Change of Life and was suffering from dizziness and nervous tired spells most of the time. After taking three bottles of the **Vegetable Compound** I began feeling much better, had a better appetite and now I am not dizzy any more. I can do all my housework, which I could not do before. I still keep on taking the medicine and so far have taken six bottles in all. I advise every woman who don't feel just right to take it."

 MRS. P. WALTER, 2982 E 72nd St., Cleveland, Ohio

COTTAGE PIE



This is a good way to use left-over roast beef.

Grease the bottom of a small baking-dish and cover with hot mashed potato. Add a thick slice of roast beef cut in small pieces, seasoned with salt, pepper, a little onion juice, and moistened with some of the gravy. Cover with a thin layer of mashed potato and bake in a hot oven long enough to heat through.

MINCED LAMB ON TOAST

Remove dry pieces of skin and gristle from left-over cold roast lamb and chop the meat. Heat in a well-buttered frying pan, season with salt, pepper and celery salt, dredge well with flour and add enough hot water to make a thin gravy. Pour on slices of buttered toast.

WHEN A MAN

comes from work he likes to find his home comfortable, his meals ready and his wife happy.

"MY MOTHER VISITED ME"

When I was carrying my baby I was so sick and poor that I couldn't cook my husband's meals or keep my house clean. I was weak and run-down and my nerves were bad. My mother visited me and brought me a bottle of **Lydia E. Pinkham's Vegetable Compound.** I started right in to take it and before long I was doing all my own work and helping outside, too. Last February I gave birth to a 10 pound baby girl. Had no trouble having her and she is growing fine. I took a bottle of **Vegetable Compound** every two weeks until she came along. The doctor says she is a fine healthy baby. I advise every woman to take the **Vegetable Compound** at this time."

MRS. CHAS. WESCOAT,
R. F. D., No. 1, Hammonton, N. J.

ESCALLOPPED CORN

Butter baking-dish and put in a thin layer of cracker crumbs, then a layer about 1 inch thick of canned corn, then a thin layer of crumbs. Dot with butter, season with salt and pepper, add another layer of corn, sprinkle with crumbs, season and dot with butter. Cover with milk and bake in a hot oven until crumbs are brown.

GLAZED CARROTS

Cut 4 carrots in $\frac{1}{4}$ inch slices. Parboil 10 minutes. Drain and put into sauce-pan with 1-3 cup butter, 1-3 cup sugar and either chopped mint or parsley. Cook slowly until glazed and tender. Serve around seasoned peas if desired.

AS THERE IS NO NARCOTIC

nor harmful drug in **Lydia E. Pinkham's Vegetable Compound** it is a perfectly safe medicine for you or your daughter to take.

"I HAD TO LEAVE SCHOOL"

"I am writing to let you know what your wonderful medicine has done for me. I took it for delayed periods when I was 16. Every month I had fainting spells and terrible pains and our family doctor could never make me take herbs. Yes, I was very stubborn but I suffered terribly. The pains would last for five days. I suffered in this way for two years and had to leave school. Mother read your ads about **Lydia E Pinkham's Vegetable Compound** and I said I would take it. I took three bottles and I have never had any of those pains or fainting spells since. It's seven years now and I am in the best of health."

MRS. GEORGE WILLIAMS,
83 East Grand Ave., New Haven, Conn.

STUFFED ONIONS

Remove skins and parboil onions 10 minutes in boiling salted water. Turn upside down to cook and remove part of centres. Fill cavities with equal parts of finely chopped chicken, stale soft bread-crumbs and finely chopped onion which was removed, seasoned with salt and pepper and moistened with butter. Put in shallow baking-pan, sprinkle with buttered crumbs and bake in a moderate oven until the onions are soft.

HOT SLAW

Use half a small, heavy cabbage. Take off outside leaves and with a sharp knife slice very thin. Soak in cold water until crisp, drain and dry between towels. Heat this in a dressing made of:

2 egg yolks slightly beaten
¼ cup cold water
1 tbsp. butter
¼ cup hot vinegar
½ tsp. salt

Stir over hot water and cook until thick.

ONLY A FEW BOTTLES

of **Lydia E. Pinkham's Vegetable Compound** are needed to give surprising results, as so many women tell us.

"A FINE TONIC"

"I was troubled with a severe female weakness, accompanied by some very unpleasant symptoms and with pains in my back, sides and legs. Since taking ten bottles of **Lydia E. Pinkham's Vegetable Compound** I am greatly strengthened in every way and the unpleasant symptoms have disappeared. Your medicine is a fine tonic for nervous run-down women. You may publish this testimonial if you wish."

MRS. L. O. DASHER.
R. F. D. No. 4, Box 14, Valdosta, Ga.

BEETS WITH SAUCE

Wash 12 small beets and cook in boiling water until soft. Remove skins and cut beets in small cubes or thin slices.

Mix ½ cup sugar and ½ tablespoon cornstarch. Add ½ cup vinegar and boil 5 minutes. Pour sauce over beets and let stand on back of stove half an hour. Just before serving add 2 tablespoons butter.

Young beets will cook in an hour. In winter beets require 3 or 4 hours cooking to soften them. Canned beets may be used in the above recipe.

WHAT DO YOU THINK

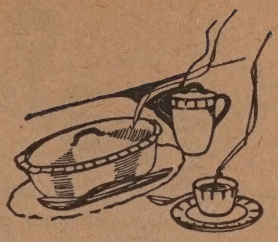
when the doctor says you need an operation? Is not your first thought to avoid it? We receive letters daily from women who have been told that an operation upon the generative organs is necessary. But all these women do not need to give up hope that there is some other way. They can try **Lydia E. Pinkham's Vegetable Compound.**

"THE PICTURE OF HEALTH"

"I was in a serious condition after child-birth and kept taking treatments for over a year until the doctor said, 'Nothing but an operation will help you.' I dreaded it as I knew it would be a long time before I could be strong after that. The worst trouble I had was hemorrhages so bad that I had to go to bed. I am now on my 11th bottle of **Lydia E. Pinkham's Vegetable Compound** and am the picture of health. The flow is normal and I can do all my work without pains. I recommend the **Vegetable Compound** to others and will continue to do so."

10 MRS. ANN COSTON, 5247 S. Halstead St., Chicago, Ill.

LYONNAISE POTATOES



Cook for 5 minutes 1½ tablespoons butter with 1 tablespoon finely chopped onion.

Melt 2 tablespoons butter, season with salt and pepper, add 2 cups cold boiled potatoes, cut in slices. Cook until the potatoes have absorbed the butter, shaking the pan occasionally. Add the cooked onion and when well mixed add ½ tablespoon finely chopped parsley.

POTATOES IN THE HALF SHELL

Bake 6 medium-sized potatoes 40 minutes or until soft. Remove from oven and cut a slice from the top of each. Scoop out the inside and mash, with 2 tablespoons butter, 3 tablespoons hot milk, salt and pepper to season, then add 2 egg-whites well beaten. Refill skins and bake 6 minutes in a very hot oven. Grated cheese may be sprinkled on the potatoes before putting in the oven.

PHYSICALLY PERFECT WOMEN

who suffer no pains are exceptional. The majority of women have pains at their periods and are interested in **Lydia E. Pinkham's Vegetable Compound** for that reason.

"A SIOUX INDIAN WOMAN"

"My troubles began when I was 14 years of age and for four years I had to stay in bed four days every month. The pains affected my stomach and I didn't have any appetite. My neighbor, Mrs. Jensen, advised me to take **Lydia E. Pinkham's Vegetable Compound** and I call it a wonderful medicine, for I do not have the pains now. I am a Sioux Indian woman and I will recommend this medicine to my friends so that they will know it is a medicine for us Indians. You may print my letter if you wish."

MRS. NANCY LA POINTE, Pine Ridge, S. D.

SALADS

TOMATO AND FISH SALAD

Peel medium-sized tomatoes, remove a thin slice from the top and take out seeds and pulp. Mix cold boiled fish with half the amount of cold boiled potatoes chopped fine, season with salt and pepper and a little chopped celery. Moisten with mayonnaise dressing. Fill the tomatoes with the mixture, put a teaspoonful of dressing on top and serve on lettuce leaves.

VEGETABLE SALAD

Mix 1 cup cold cooked carrot cubes, 1 cup cold potato cubes, 1 cup cold cooked peas and 1 cup cold cooked string or shell beans. Moisten with mayonnaise dressing. Arrange on lettuce leaves, cover with dressing and garnish with hard-boiled eggs, chopped fine.

DO YOU KNOW

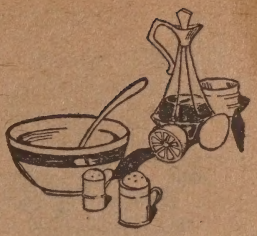
that in every neighborhood there are women who feel just this way about the **Vegetable Compound?**

"MY SIDES PAINED ME"

"In your books I have read letters from women who have taken your medicine, so I thought I would let you know what a great relief it has been to me. To begin with, I was all run-down and worked hard cleaning house. My sides pained me and for three or four weeks I walked around all bent over. Then my stomach was so sore that everything I ate hurt it. I was taken down sick and was in bed for a couple of weeks and I happened to think of **Lydia E. Pinkham's Vegetable Compound.** After I started taking it I began to feel better. My stomach got in good condition, but I was still run-down, so I kept on taking it. My weight increased and I looked good and felt good. I have found your medicine a wonderful help."

MRS. PEARL KING, Nekoosa, Wis.

MAYONNAISE DRESSING



1 teaspoon mustard
1 tsp. salt
1 tsp. sugar
2 egg yolks
2 tbsps. lemon juice
2 tbsps. vinegar
1½ cups salad oil

Mix dry ingredients, add egg yolks, mix thoroughly, then add a teaspoon vinegar. Add oil a drop at a time and stir constantly. As mixture thickens, thin with lemon juice and vinegar. Add oil in larger quantities alternately with the vinegar and lemon juice until all is used, stirring and beating constantly. If oil is added too rapidly the dressing will look curdled. A smooth consistency may be obtained by taking another egg yolk stirring the mixture slowly into it. The oil should always be thoroughly chilled before mixing and all ingredients kept as cold as possible while mixing.

MANY GIRLS AND WOMEN

dread the menstrual period because of the heavy pains accompanying it. The regular use of **Lyda E. Pinkham's Vegetable Compound** every day during the month tends to relieve these troubles.

"OVERWORKED AND STRAINED MYSELF"

"I had overworked and strained myself internally and had a nervous breakdown while working in a silk mill. I used to have fainting spells, sick headache, backache and severe cramps and once I was sick for three months straight. In fact, I was a wreck for two years and had several doctors, but they did not help me much. Through the influence of my sister I took **Lydia E. Pinkham's Vegetable Compound** with the best results. I have another bottle on hand in case I need it."

MRS. JOHN AGENS, 221 Peach St., Allentown, Pa.

The following recipes will be found delicious for

LUNCHEON OR SUNDAY NIGHT SUPPERS

BAKED FINNAN HADDIE

Put the fish in a dripping-pan, surrounded with milk and water in equal proportions. Place where it will heat slowly and let it stand 25 minutes. Pour off liquid, spread with butter and bake 25 minutes.

CORN FRITTERS

1 egg
1-3 cup milk
¼ can corn
½ tsp. sugar
¼ tsp. salt
¼ tsp. baking powder

Beat egg slightly, mix with other ingredients and add flour enough so that the mixture will drop from spoon. Fry in hot, deep fat.

FRENCH TOAST

2 eggs
½ tsp. salt
1 cup milk
6 slices stale bread

Beat eggs slightly, add salt, sugar and milk. Put in a shallow dish. Soak bread in the mixture until soft. Cook on a well-greased griddle. Brown on both sides.

ALMOST EVERY WOMAN

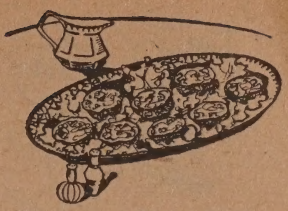
needs medicine occasionally, for longer or shorter periods.

"FELT THE SAME WAY"

"I was so nervous and run-down that I could not get my work done. I told a girl friend how I felt and she said she had felt the same way. She told me to try **Lydia E. Pinkham's Vegetable Compound,** as she had been helped by it. It has cured my bad feelings and I can do my work well now. I recommend this medicine to any one who complains of being nervous and run-down."

14 ROSE E. KOVACS, R. F. D. No. 54, Sharpsville, Pa.

SALMON PUFFS



Remove skin and bones from 1 lb. can salmon. Chop very fine, add 1 tablespoon melted butter, ½ cup bread crumbs, 3 well beaten eggs, 1 tablespoon lemon juice, pinch of salt and dash of pepper. Pack in custard cups or muffin tins. Bake half an hour. Serve with white sauce.

WHITE SAUCE

2 tbsps butter 2 tbsps flour
1 cup milk, salt and pepper to taste.

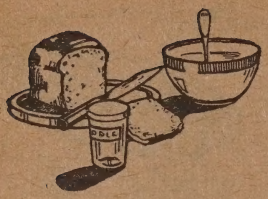
Put butter in sauce-pan, stir until melting and bubbling. Add flour with seasonings and stir until thoroughly blended. Pour the milk on gradually, about one-third at a time and stir until well mixed, cooking about 8 minutes.

DO YOU HAVE

this horrid feeling of fear which sometimes comes to women when they are not well?

"MUCH WORSE AT NIGHT"

"I must let you know all the good your medicine has done for me. I was a nervous wreck for four years, could not go to church or even on the street. I could not sleep nights and at last I got so bad that I was afraid of dropping dead any minute. I was very much worse at night and my food would not digest. I tried many doctors and none seemed to do any good. One day I was reading the *Globe* and I saw about **Lydia E. Pinkham's Vegetable Compound.** I thought I would give it a trial. I took eight bottles of it and it has made a new woman of me. I take the **Liver Pills** also and they are fine. I am quite myself again. I have seven children and do all my work and go about as I please. I am so thankful to be well again and take care of my family."
MRS. ERNEST TANGUAY, 28 West St., Adams, Mass.



SANDWICHES

The common sandwich may be two slices of bread hastily put together with a filling between, or with a little care it may be made attractive and appetizing.

NUT AND CHEESE SANDWICH

Mix equal parts cream cheese and chopped walnut meats; season with salt and pepper; or for variety add a little tart jelly instead of pepper. Spread on buttered crackers.

EGG SANDWICH

Chop fine the whites of hard-boiled eggs and force the yolks through a strainer or potato ricer. Mix yolks with whites, season with salt and pepper and moisten with mayonnaise dressing. Spread between slices of buttered bread.

WOMEN WRITE

asking, "Can I take too much of this medicine (**Vegetable Compound**) so that it will harm me?" On the contrary, its persistent use according to directions is excellent to strengthen the generative organs and to improve the general health. **Lydia E. Pinkham's Vegetable Compound** is prepared from medicinal plants and does not contain any harmful drugs.

"AFTER MY FIRST BABY WAS BORN"

"I could not do a thing after my first boy was born, I was so nervous and weak. I had no appetite, lost weight and was not able to do my work. I was this way for seven weeks then I took **Lydia E. Pinkham's Vegetable Compound** as I had been reading the little book about it. I have got wonderful results from it and from the **Liver Pills** and I recommend them whenever I have the chance to do so."

16 MRS. C. FAURIE, 4016 Dauphine St., New Orleans, La.

CLUB SANDWICH

Arrange on a slice of toasted bread a slice of broiled bacon, a slice of cold chicken, cover chicken with mayonnaise dressing, then a slice of ripe tomato, a lettuce leaf and cover with a slice of toasted bread.

PEANUT BUTTER SANDWICH

Spread peanut butter between slices of buttered bread and toast the whole sandwich. Serve hot.

FRUIT SANDWICHES

Remove stems from figs and chop fine. Cook in double boiler with a small quantity of water until a paste is formed. Cool the mixture, add a few drops of lemon juice and spread on thin slices of buttered bread. Sprinkle with finely chopped peanuts and cover with slices of buttered bread.

DID A WOMAN

ever say to you, "Yes, I tried one bottle of it, but it didn't help me much"? Some women expect medicine to effect a cure in a day. Others, more sensible, realize that a persistent use of medicine adapted to their condition brings about a steady gain in health.

"I AM STILL TAKING IT"

"I had pains in my back and in my left side so bad at times that I could hardly get around. I had them for a year and I had doctors but none seemed to help me. My sister advised me to take **Lydia E. Pinkham's Vegetable Compound** and I am only too glad that I took her advice. The medicine has done me wonderful good and the pains are gone. I am still taking the **Vegetable Compound** and will always praise it."

MRS. E. PENNYPACKER, Mainville, Penn.

APPLE SAUCE CAKE

1 cup sugar
½ cup shortening
½ teaspoon salt
clove, cinnamon, allspice, (1 tsp. in all)
1 tsp. saleratus
1 cup sugarless applesauce
2 large cups bread flour
1 cup raisins

Mix together sugar, shortening and seasonings. Put saleratus into sauce and stir until it foams over. Put raisins into the flour and beat all together. Bake slowly about 40 minutes. This cake will not dry up quickly.

THE INJURIOUS EFFECTS

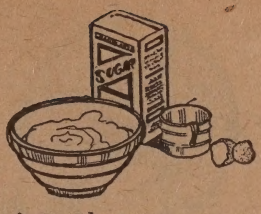
of hard or heavy work on a young girl cannot be over-estimated. She should not lift heavy articles and at certain times should not stand for long hours nor do high reaching.

"SHOULD TAKE CARE OF MYSELF"

"My troubles came from lifting when I was a girl of 19. Then after I got married the pains seemed to get worse. I started doctoring and every one I went to said, 'an operation' but one, and he said I would have to take care of myself until I got strong. Then one day a neighbor was telling me what **Lydia E. Pinkham's Vegetable Compound** did for her girl who had the same trouble, so I bought me a bottle and began taking it. When I was on the second bottle I began to feel like myself and in two months' time I could do my own housework. I have also taken **Lydia E. Pinkham's Blood Medicine** and the **Liver Pills** and use the **Sanative Wash.** I recommend these medicines to my friends and relations and I am willing to answer any woman who writes to me about it."

MRS. BARNEY SALLIOTTE,
4821 Lawndale St., Detroit, Mich.

CAKE MAKING AND BAKING



In the making of cake good materials are necessary. Use fresh eggs and fine granulated sugar. Flour must be sifted before measuring, the cup filled lightly and levelled with a knife. Butter or other shortening should be packed solidly into the cup.

The pans must be properly prepared for baking, the oven heat regulated and the cake watched while baking.

Place the cake as near the center of the oven as possible. In baking cake divide the time into four parts. The first part the mixture should rise and form bubbles, the second part it should continue rising and begin to brown, the third part it should continue browning and finish rising, and during the fourth part it should finish baking and shrink from the sides of the pan. Cake may be looked at between each part without danger of it falling.

MANY ONCE CHILDLESS WIVES

have had their homes blessed with healthy children after taking **Lydia E. Pinkham's Vegetable Compound.**

"I WAS ALWAYS TROUBLED"

"I had been sickly ever since I was 15 years old. I had headaches, tired feelings and was always troubled with my monthlies. My sister told me to try **Lydia E. Pinkham's Vegetable Compound** as it had helped her when she was taking it. After the fourth bottle I got so I could do all my housework and after taking eight bottles I am in good health. I must not forget to say I have a healthy baby girl now, too. I am willing to answer women who ask about the **Vegetable Compound.**

MRS. MARIE K. WILLIAMS, Gen. Del. Ketchikan, Alas.

PLAIN CAKE

1-3 cup butter
1 cup sugar
2 eggs
½ cup milk
1¾ cups flour
½ tsp. salt
1½ tsps baking powder
1 tsp. vanilla

Cream butter, add sugar gradually and continue creaming until light. Add eggs well-beaten, then flour, baking-powder and salt, alternately with milk, then flavoring. Beat well, turn into a greased and floured cake-pan and bake 40 to 50 minutes.

MARSHMALLOW FROSTING

Heat ¼ cup milk, and ¾ cup sugar slowly to boiling point and boil 6 minutes. Cut ¼ pound marshmallows in pieces, melt in double boiler, add 2 tablespoons hot water and cook until smooth. Add the hot syrup gradually, stirring constantly. Beat until cool enough to spread, then add ½ teaspoon vanilla. This may also be used as a filling for Layer Cake.

THOUSANDS OF GIRLS

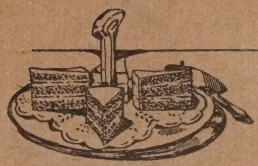
and women take **Lydia E. Pinkham's Vegetable Compound** when there is any trouble periodically.

"A DAY IN BED"

"For four or five years when I was single I used to spend one day in bed every month with cramps, backache, and faint spells. My girl chum told me about **Lydia E. Pinkham's Vegetable Compound,** and I took it and it helped me. I have also taken **Lydia E. Pinkham's Blood Medicine** and the **Liver Pills.** I am taking the **Vegetable Compound** again, as I am nursing my baby girl. I was in a run-down condition, but now I feel better and stronger every day."

MRS. ROSE G. WOODSON, R. F. D. 1, Vigor, Va.

CHOCOLATE CAKE



To the recipe for plain cake add 2 squares of melted chocolate or 3 tablespoons cocoa and omit 2 tablespoons of flour.

SPICE CAKE

To the recipe for plain cake add ½ teaspoon cinnamon, ¼ teaspoon nutmeg and ¼ teaspoon clove, and omit vanilla.

NUT CAKE

To the recipe for plain cake add 1 cup walnut meats coarsely chopped.

LAYER CAKE MADE WITH SOUR MILK

¼ cup butter and lard mixed, creamed with 1 cup sugar. Break an egg in a cup and fill up the cup with sour milk. Add this to the sugar and egg, then add 2 cups pastry flour sifted with 1 teaspoon baking powder and ½ teaspoon soda. Beat all thoroughly and add 1 teaspoon vanilla.

THE USUAL AGE

at which the "Change of Life" comes is about forty-five years. At this time all anxiety, care and overwork should be avoided.

"ALL MY STRENGTH WAS GONE"

"I am at the Change of Life and my friends recommended **Lydia E. Pinkham's Vegetable Compound** to me for the smothering spells and nervousness and weakness which come with it. Sometimes it seemed like all my strength was gone. I do housework and farm work and often I could not do anything. I speak highly of the **Vegetable Compound** also of **Lydia E. Pinkham's Liver Pills** for what they have done for me. I have had good results from them and recommend them to any woman for a rundown and nervous condition."
MRS. W. E. KEELAN, R. 1, Box 61, Lamesa, Texas.

AN EXCELLENT SPONGE CAKE

3 eggs, separate whites and yolks, and beat.
1 cup sugar
Add half the sugar to the egg whites, and beat.
Add half the sugar to the egg yolks, and beat.
1 cup pastry flour, sifted 3 times.
½ tsp. salt
Add flour and salt to eggs and beat.
Add 3 dessertspoons cold water and 1 teaspoon flavoring and beat. Bake in a moderate oven.

CUP CAKES

1-3 cup butter
1 cup brown sugar
2 eggs
½ cup milk
1 cup dates, stoned and cut in pieces
1¾ cups flour
3 tsps baking powder
½ tsp. cinnamon
½ tsp. nutmeg

Cream butter, add other ingredients and beat until thoroughly blended (about 3 minutes). Fill greased and floured muffin tins 2-3 full and bake 15 or 20 minutes.

IF YOU ARE NOT WELL

you are apt to be nervous and cross. Every woman owes it to herself to be well and happy.

"RECOMMENDED BY MY DRUGGIST"

"After having my second child I was never regular and suffered every month for about five years. I was nervous and run down in health and felt badly all the time. **Lydia E. Pinkham's Vegetable Compound** was highly recommended to me by my druggist and after taking two bottles my health was very much improved. It has surely been a blessing to me and I will speak a good word for it when I can and will answer letters from women asking about it."
22 MRS. CHARLES YOUART, 321 Cedar St., Warsaw, Ind.

CINNAMON ROLLS

2 cups pastry flour
4 tsps. baking powder
½ tsp. salt
about ¾ cup milk

Mix thoroughly and roll as for biscuit. Spread with soft butter and sprinkle with sugar, cinnamon and fine cut nut meats. Roll like a jelly-roll, cut in slices about half an inch thick and bake in a greased pan.

EMERGENCY BISCUIT

2 cups flour
4 tsps baking powder
½ tsp. salt
2 tbsps butter
¾ cup milk

Mix dry ingredients and sift twice. Work in butter with tips of fingers, add milk gradually and mix with knife to a soft dough. It may be necessary to add more milk as the dough should be soft enough to drop from spoon without spreading. Drop by spoonfuls on buttered pan half an inch apart. Brush over with milk and bake in hot oven 8 minutes.

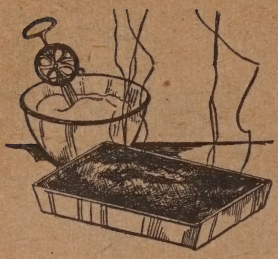
DO YOU NOTICE

our advertising as it appears in the newspapers, magazines, street-cars, and in these little books?

"THROUGH AN AD"

"I took **Lydia E. Pinkham's Vegetable Compound** because I would nearly die with pains in my sides and pains at my periods. I heard of this medicine through an ad in the Detroit *News* and wrote to Mrs. Grace Gillem of Dayton, Ohio, whose letter was published. Then I started taking the **Vegetable Compound** and got the best results. I do work now that I thought I would never be able to do. With the **Vegetable Compound** I took **Lydia E. Pinkham's Liver Pills** and used the **Sanative Wash.**"

MRS. M. E. MURPHY,
5003 Ivanhoe Ave., Detroit, Mich.



GINGERBREAD

¼ cup butter
½ cup sugar
1 egg
½ cup sour milk
½ cup molasses
1¾ cups flour
1 tsp. soda
¼ tsp. salt
1 tsp. cinnamon
2 tsps ginger

Cream butter and sugar, add egg beaten slightly. Sift dry ingredients then add dry and liquid ingredients alternately. Bake in a greased pan. Served hot with lemon sauce, this makes an excellent dessert.

LEMON SAUCE

½ cup sugar mixed with 2 tablespoons corn starch. Cook in double boiler with 1 cup water until transparent, then add: 2 tablespoons butter, 1 tablespoon lemon juice, 1 teaspoon grated lemon rind, 6 marshmallows cut in small pieces. Beat with egg-beater until smooth.

THE RIGHT ROAD

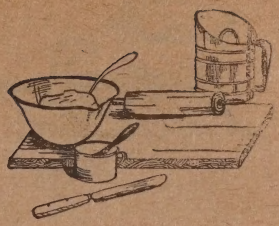
to Health is what every ailing woman is looking for and when one woman gets on that road she is always ready to direct some other woman to it.

"PRAISE IT TO MY FRIENDS"

"I am a farmer's wife and have been a sufferer for the last ten years. I had great pain at times in my right side and my back was so weak I could hardly do my work. I saw **Lydia E. Pinkham's Vegetable Compound** advertised and my husband got me six bottles of it. I feel very much benefited and have three more to take. I think it is a good medicine and praise it to my friends. I am willing to answer any letters asking questions about the **Vegetable Compound.**"

MRS. HOPE L. SMITH, R. No. 2, Box 44, Willis, Va.

CARD GINGERBREAD



1-3 cup butter
1-3 cup brown sugar
1 egg
½ cup molasses
1¾ cups flour
½ tbsp. ginger
¾ tsp. salt
½ tsp. soda
¼ tsp. cinnamon

Cream butter, add sugar gradually, then egg well beaten and molasses. Sift flour, ginger, cinnamon, salt and soda together, add to the liquid and mix. Chill, roll in sheets ¼ of an inch thick, bake on buttered sheet. When done cut in squares.

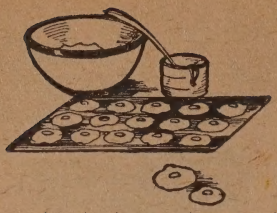
WE WOULD BE GLAD

to receive a report of any woman's condition—just how she felt before taking **Lydia E. Pinkham's Vegetable Compound** and the help it has been to her.

"I WAS SO YOUNG"

"Before I took **Lydia E. Pinkham's Vegetable Compound** I was deathly sick mornings before breakfast and after I began taking it I didn't have that feeling at all. My husband's mother told me about the **Vegetable Compound.** She took it before her last child was born and it helped her so much. She thought I was so young things would be hard for me, but I was hardly sick at all when my baby was born. He is healthy and strong, nearly eight months old, weighs 18 pounds and has two teeth. He creeps backward and some forward, and can nearly sit alone. The neighbors say he is the strongest baby for his age they ever saw. I do my housework just the same and used to do some out-door work until he came. I have recommended the **Vegetable Compound** to several, and I will answer any letters I receive and be only too glad to tell what I know about it."

MRS. JESSE N. TRUMBUL,
R. F. D. No. 2, Hammondsport, N. Y.



PEANUT COOKIES

2 tbsps butter
¼ cup sugar
1 egg
1 tsp. baking powder
¼ tsp. salt
½ cup flour
2 tbsps milk
½ cup finely chopped peanuts
½ tsp. lemon juice

Cream butter and sugar, add egg well beaten. Sift baking powder, salt and flour together, add to first mixture, then add milk, peanuts and lemon juice. Drop from teaspoon on unbuttered baking-sheet one inch apart and place half a peanut on top of each. Bake 12 to 15 minutes in a slow oven. This recipe will make 24 cookies.

HOWEVER BUSY

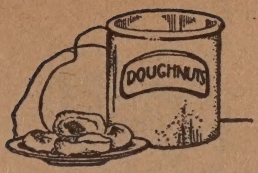
a woman is she always finds time to read the advertisements in the daily papers. And she may read the bargains first but she generally reads the testimonial letters advertising **Lydia E. Pinkham's Vegetable Compound.** She wants to know what experience other women have had with this great medicine.

"WHENEVER I FEEL WEAK AND RUN-DOWN"

"Every time I get pregnant I get such terrible cramps in my stomach three or four times a day. But when I began to take **Lydia E. Pinkham's Vegetable Compound** they stopped. Of course I had to take it until the arrival of the baby, who is a beautiful girl. I also take it now whenever I feel weak and run-down and nervous. I learned about it from advertisements and the testimonials of women who have been helped and I recommend it now, myself. I have also taken **Lydia E. Pinkham's Blood Medicine** and the **Liver Pills.**"

MRS. ALICE SURGOFT,
1843 South Taylor St., Philadelphia, Pa.

DOUGHNUTS



2¾ cups flour
2 tsps. baking powder
½ tsp. nutmeg
½ tsp. salt
1 tsp. shortening
¾ cup milk
1 egg
2-3 cup sugar

Sift flour, baking powder, salt and nutmeg together. Cut the shortening in with two knives. Add sugar and milk to egg, well beaten, and stir into the dry ingredients. Roll the dough out on floured board, cut with doughnut-cutter and fry in deep fat. The fat is the right temperature when it browns a piece of bread in one minute.

A WOMAN ON A FARM

has many duties and should be careful of her health above all other things.

"YOUR MEDICINE IS MY FRIEND"

"When I was single I had painful periods and took **Lydia E. Pinkham's Vegetable Compound.** After I was married I took it before and after childbirth and often take it now for backache and get benefit, too. I have been married nearly 25 years and have eight living children. The Change of Life will soon be at hand and your medicine will be my friend again. We live on a large farm with lots of extra help and six children and no big girls at home. My mother uses your medicine as she has been a nurse for new babies for years and years. She often buys a bottle of the **Vegetable Compound** and leaves it for the mother to strengthen up on. and she has got many thanks for the good it has done. My two married daughters have been benefited, too, and we recommend the **Vegetable Compound** when we can."

MRS. ALFRED IVERSON, Fullerton, Neb.

CHOCOLATE BREAD PUDDING

2 cups stale bread crumbs
4 cups scalded milk
2 squares Baker's Chocolate
2-3 cup sugar
2 eggs
¼ tsp. salt
1 tsp. vanilla

Soak bread in the milk half an hour. Melt chocolate in double boiler, add half the sugar and enough of milk taken from the bread and milk to pour. Add to the bread and milk with the remaining sugar, salt, vanilla and eggs beaten slightly. Bake in buttered pudding dish in a moderate oven, one hour. Serve with vanilla sauce

VANILLA SAUCE

1-3 cup butter
1 cup sugar
yolks of 3 eggs
1-3 cup boiling water
1 tsp. vanilla

Cream butter, add sugar and egg yolks beaten slightly. Add water and cook in double boiler until thickened. Remove from the fire and add vanilla.

WOMEN PAY ATTENTION

to what their neighbors say regarding Health matters. In this way the results of taking **Lydia E. Pinkham's Vegetable Compound** are circulated in every neighborhood.

"MY NEXT-DOOR NEIGHBOR"

"I was weak and run-down when the Change of Life came on me and I got down in bed and couldn't get my strength back at all. I saw **Lydia E. Pinkham's Vegetable Compound** advertised and tried it to see what it would do for me. It sure is the greatest medicine ever was and I have got my next-door neighbor taking it now.

28 MRS. ALICE FULTZ, Box 321, Olive Hill, Kentucky

FIG TAPIOCA PUDDING

3 tbsps granulated tapioca
2 cups water
1 tbsp. butter
Cook until clear, stirring constantly.
½ lb. figs chopped fine
1 cup water
1 cup sugar
Cook until smooth and thick. Take from stove and mix with the tapioca, adding ½ teaspoon vanilla. Serve cold with whipped cream.

DO YOU FEEL

broken-down, nervous and weak sometimes? **Lydia E. Pinkham's Vegetable Compound** is excellent to take at such a time. It always helps and if taken regularly and persistently will relieve this condition.

"STRONGER AND BETTER"

"I have taken your medicines for a condition that none of my doctors could help. I would have flooding nearly every month and it would last nearly three weeks at a time. My nerves were in terrible shape and I could not sleep nights. I had headaches and sharp pains in my sides and back. My friends and neighbors, also my own relatives have taken **Lydia E. Pinkham's Vegetable Compound** and it is the only thing that has helped me. I feel so much stronger and better now and can do my housework and quite a bit of outside work besides looking after my eight children. I have done lots of very hard work when I was a girl and I blame my sickness to that. I always suffered greatly from cramps but have not been bothered with them since I have taken your medicines. My two oldest daughters take your medicines with the best results and they suffered almost the same as myself."
MRS. J. MELVIN MYERS, Route No. 4, Gettysburg, Pa.

PRUNE PIE

½ lb. prunes
½ cup sugar (scant)
1 tbsp. lemon juice
1½ tsps butter
1 tbsp. flour

Wash prunes and soak in cold water. Cook in the same water until soft. Remove stones, cut prunes into quarters and mix with the lemon juice and sugar.

Line the pie plate with crust, put in the prunes and 1½ tablespoons of water the prunes were cooked in, dot with butter and dredge with flour. Put on an upper crust and bake in a moderate oven.

SWISS TART

1 tbsp. butter
½ cup sugar
½ cup milk
1 egg, well beaten
2-3 cup flour
1 tsp. baking powder

Cream butter and sugar, add milk and egg, then flour and baking powder sifted together.

Line a pie plate with crust, cover it with jelly, add the above filling and bake 30 minutes. Cover with whipped cream before serving.

THE USUAL RESULT

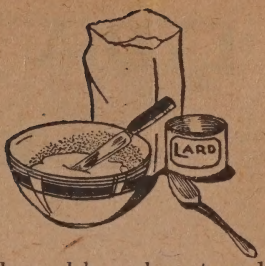
of **Lydia E. Pinkham's Vegetable Compound** is to strengthen and tone up the entire reproductive system so that it may work in every respect as Nature intends.

"TOOK IT TO BUILD ME UP"

"I was nervous, run-down and tired all the time. I could hardly keep out of bed. I saw about **Lydia E. Pinkham's Vegetable Compound** in the newspapers and I took seven bottles of it. While I was in the family way it helped me out fine and I have a nice baby girl. It is the best medicine I ever took to build me up and I praise it."

MRS. RUTH B. CASSEY, Smyrna Mills, Maine

PIE CRUST



1½ cups flour
½ tsp. salt
½ cup lard
cold wate

Mix salt with flour. Reserve 1¼ tablespoons lard. Work the remainder into the flour with the tips of fingers or a case-knife. Moisten the dough with cold water, toss on a floured board, pat and roll out. Spread with one tablespoonful of reserved lard, dredge with flour, roll up like a jelly roll, pat and roll out. Again roll up. Cut from the end a piece of dough large enough to line a pie plate. Pat and roll out keeping as circular in form as possible. Use the remaining quarter tablespoon of lard to dot over upper crust of pie before putting into oven. This quantity of paste will make two crusts for one large pie.

WOMEN HAVE BEEN HELPED

by **Lydia E. Pinkham's Vegetable Compound** for over fifty years.

"I STILL TAKE IT"

"I was very nervous and was in bed most of the time for several weeks. I didn't want to see any one and had no appetite. But I told my husband to bring me home a bottle of **Lydia E. Pinkham's Vegetable Compound** which he did, and I began taking it by the directions, four times a day. I started feeling better before I had taken two bottles and I still take it when I feel nervous. This is twice in my life it has been a blessing to me. I first took it about 18 years ago for pain in my side and now for several years while Changing Life, I don't know how I could have got along without it."

MRS. W. A. DALE, Madison, Fla.

LYDIA E. PINKHAM'S

BLOOD MEDICINE

Lydia E. Pinkham's Blood Medicine is recommended in connection with Lydia E. Pinkham's Vegetable Compound, and it might be thought from this that our **Blood Medicine** is suited only for diseases peculiar to women, but such is not the case.

Lydia E. Pinkham's Blood Medicine is as good for men as for women; it is also good for the whole family—parents and children—and is a reliable blood purifier for all who need such a medicine.

Humors and Eruptions are among the most common indications and results of poor blood. They are very unpleasant and disfiguring, they give the face an unhealthy appearance, but usually they are not serious or dangerous enough to warrant consulting a physician. More serious results may come, however, at any time from the impoverished state of the blood which they indicate. Good home treatment is necessary. Eat plain, nutritious and easily digested food and take **Lydia E. Pinkham's Blood Medicine** one-half hour before meals.

ATTENTION!

A MOST USEFUL AND ATTRACTIVE

Present

WILL BE FORWARDED YOU

FREE

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LYDIA E. PINKHAM MEDICINE CO.
LYNN, MASS.

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